NUMBER 01

MUAY

THE MUAY THAI MAGAZINE

EXCLUSIVE: RULES OF THE MUAY THAI PROFESSIONAL, P. 11

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MUAY THAI (THAI BOXING)

Muay Thai, the most favorite martial arts of the Thai has been in existence for almost as long as the Thai themselves.

Muay Thai, or Thai boxing, the most favorite martial arts of the Thai has been in existence for almost as long as the Thai themselves. Muay Thai is best known in the global community, especially among martial arts and boxing enthusiasts, for its various types of blows, and its coordinated utilization of all hard parts of the body with effectiveness and agility. Blows common to Muay Thai are forward and backward elbow strikes, knee strikes, swing and reversing kicks, and foot jabbing.

Muay Thai is different from Western boxing in the diversity of offensive and defensive blows, thus making the art more taxing and challenging to the boxer.

Moreover, cultural and psychological elements are added to Muay Thai, as the boxer has to perform a traditional “paying respect to the teachers” ritual or Wai Khru ceremony, complete with rousing Thai music accompaniment. Watching Thai boxing is, then, an entry into the psychological world of the Thai where values such as respect for elders, love of grace, bravery, creativity and adaptability are encapsulated in one short event.This whole mix of a unique form of martial arts and cultural elements is what makes for the fascination with Muay Thai and explains its popularity worldwide.

Muay Thai matches today areorganized on a regular basis at the many boxing stadiums in Bangkok and provincial cities. A regular ring that one expects to see at an international boxing event is used as the venue. The Nak Muay Thai (Thai boxer) wears regular boxing gloves yet fights barefooted.

At the start of the match, a Wai Khru ceremony must be performed, whereby the boxers enter the ring wearing a ceremonial rattan headband. An ensemble plays background music for this ceremony, with rousing levels and accelerating tempi throughout the fight

Typically, the musical instrumentsused are a Javanese reed-pipe, a pair of low-toned and high-toned two-faced drums and a pair of finger cymbals. The music accompanying the actual fight is quicker in tempo, and the tempo can even be variable. In moments of excitement during the match, the music becomes more frenetic, and when fighters are not going on the offensive aggressively enough, it can be paced quicker to urge them on. Thus, the music is functional as well as providing appropriate atmosphere. .

The two boxers perform the Wai Khru ritual simultaneously with concentration and solemnity. Variations in the Wai Khru styles are possible, and it is not uncommon for boxers to murmur incantations to invoke respected spirits of the ring for protection against serious injuries that could arise from the fight. The purpose is also to stir up excitement and anticipation on the part of the spectators who may appraise the contestants by their performance of the ritual. On completion of the ritual, boxers return to their respective corners to have their ceremonial headbands removed and receive last-minute instructions from their trainers.

Then, boxers go into action to the sound of rousing music and fight, at most, five three-minute rounds alternating with two-minute rest periods.

Fists, knees, feet, hands and elbows may be used, but any form of wrestling, judo or throwing is forbidden. Contestants wear gloves and boxing trunks and fight barefooted. Their kicks can deliver a knock-out blow. The elbows are wielded like hammers, giving a rain of hard blows to the side of the body, or head. Knees are used to jab viciously in the stomach, solar plexus, and ribs of the opponent. Opponents may hit any part of the body except for the groin which is not considered a valid target.

Points are scored for every blow on an opponent. If a contestant violates a rule, points are deducted from his score. The match may end with a winner by a physical or technical knockout or the referee’s decision; or it may be declared a draw.

Evolution

Muay Thai originated as a fighting skill, using parts of the body and sometimes with additional weaponry such as swords, pikes, and clubs. Muay Thai was used on the battlefield itself, at a time when hand-to-hand combat was the norm, as well as for protection against marauders. At a later stage in the history of Muay Thai, it proved not just a fighting skill in warfare and for protection of the community, but also became a spectator sport. Muay Thai contests gradually became an integral part of local festivals and celebrations, especially those held on temple grounds.

Indeed, Muay Thai was traditionally closely connected—as is the case with other facets of the Thai way of life—with the Buddhist temple or Wat. The Wat as a spiritual,

social, and educational centre in traditional Thai village life was also the keeper and moulder of the Muay Thai tradition. The Wat was also a repository of the arts, not only religious kind but also of the a whole spectrum of artistic endeavour, including martial arts. And it was partly from the monks, some of which had military training and experience, that boys and young men studied this art of close-quarter combat, with all its innovations and adaptations.Muay Thai was fought in contests using only bare fists in a circular open space, about eight metres across, so that fighters could move about freely.

The number of rounds was not fixed, and the length of each round was timed by placing in water an empty half coconut shell with a hole bored in its bottom. As soon as the coconut shell submerged, the round ended. The prizes given to the winning fighters were generally victuals, but occasionally small cash prizes were awarded.

The next stage in the evolution of Muay Thai was when the fighters started to bind their fists and lower arms, as described above, for both attacking strength and for protecting their fingers and wrists from sprains and other injuries. This is called khat chueak. Skeins of unrefined hemp threads were used. The contestants immersed their bound fists in water or any sticky liquid, and allowed them to dry, which hardened their fists. Another variant, which would cause terrible pain and injury to the

opponent, was the dipping of the bound fists and lower arms into a tree resin mixed with tiny fragments of glass or coarsely ground stone. The boxer then had to dry the dipped fists in the sun for a short time so that the abrasive materials would be firmly embedded, thus making the punch more painful. There is no evidence of this form of fighting being regular, even in a combat setting, as the hardened fists would impair general hand-fighting flexibility. Such practice is ruled out now.

The Social Status of Muay Thai

Gradually, Muay Thai changed from a popular sport to a means of personal advancement, as the nobility increasingly appreciated the art and invited selected fighters to stay in their residences to teach Muay Thai to the staff of royal households, soldiers, and the king's personal guards. During the Ayutthaya Period, a platoon of Royal Guards variously known as Kong Thanai Lueak (Elite Retainers) and Krom Nak Muay (Boxers Regiment) was established, comprising officers who were skilled in the art of Muay Thai, having been selected after exhibiting their fighting skills in front of the monarch.

The selected fighters, in turn, taught Muay Thai to the princes and nobles, and the art as practiced by the nobility became known as Muay Luang or Royal Muay.This royal patronage of Muay Thai continued throughout the reigns of King Rama V and King Rama VI, whereby fighters who had proven themselves through a succession of bouts in the provinces were invited to the capital city and fight in events attended by the king himself or his representative.

During the reign of King Rama V, the status and social standing of Muay Thai was enhanced further, as the King took a personal interest in the art and attended matches. Skilled fighters were even accorded relatively high-rank titles, as in the case of one boxer who was given the title Phra Chai Chok Chok Chana (Lucky Fighter and Winner) by the King and then went on to become a famous Muay Thai teacher. Another successful fighter was given the title Muen Mue Maen Mat (Knight of the Sharp Punch) and promoted to the high rank of a military officer. Active patronage continued during the reign of King Rama VI (1910- 1925), who would travel to many provinces to watch specially arranged Royal Muay matches. It was in 1920, during his reign, that Muay Thai contests finally got their permanent home, the Suan Kulap Arena.

Muay Thai in the Global Setting

In the late 1920s, Muay Thai gradually adapted to a more international orientation. The khat chueak or bound fists were gradually abandoned in favour of Western style
boxing gloves because it was felt the latter were less injurious . In 1929 a jock-strap or groin protector (krachap) began to be worn, adopted by a Thai boxer after having seen it used in Singapore, to safeguard against hard kicks. Since Thai boxing has gained higher international exposure in line with an increasingly globalised world, promoters arranged for Muay Thai fighters to go to the US and other countries, to stage exhibition matches and even to organize tournaments between Muay Thai fighters and practitioners of other martial arts such as karate and Western boxing. In the late 1950s, a Japanese boxing promoter became fascinated with Muay Thai and studied it closely. He then devised a concept of Japanese
kick-boxing, fusing Muay Thai kicking techniques with aspects of karate and Western boxing. Later, his troupe of Japanese kick-boxers fought with Muay Thai fighters. He also introduced this kind of competition in Europe, creating some confusion there as Japanese kick-boxing was seen as synonymous with Muay Thai, although in reality they are quite different in terms of conceptual and cultural breadth and depth.

It was in the 1970s that Muay Thai began to flourish internationally. At that time, the oriental martial arts, in general, had a large following, spurred by the popularity of movies starring the Kung-Fu king, Bruce Lee. Thai boxing rode on the crest of this wave and Muay Thai gyms were established in many countries, especially, the US, Germany, the Netherlands, and Australia.

It has become well established as the premier martial arts globally, as evidenced by the proliferation of Muay Thai clubs with sites in the worldwide web. World championship matches comparable to those of Western boxing are being held regularly. Muay Thai has come to be acclaimed “the King of the Martial Arts”.

The Wai Khru Ram Muay Ceremony ("Ritual Dance of Homage to Teachers")

The uniqueness and universal attractiveness of Muay Thai lies partly in the fact that not only is it a highly efficient martial art form, but it is also infused with Thai cultural values woven in a seamless manner, thus making Muay Thai a reflection of some of the intrinsic qualities of Thai society. The Wai Khru or Paying Respect to the Teachers Ceremony is an ancient Thai tradition closely bound with the fundamental concept that all providers of knowledge are Khru or teachers, and are worthy of the highest respect. That respect is expressed in the spiritual, graceful, and highly symbolic Wai Khru Ram Muay, the "Ritual Dance of Homage to Teachers", immediately prior to the fight.

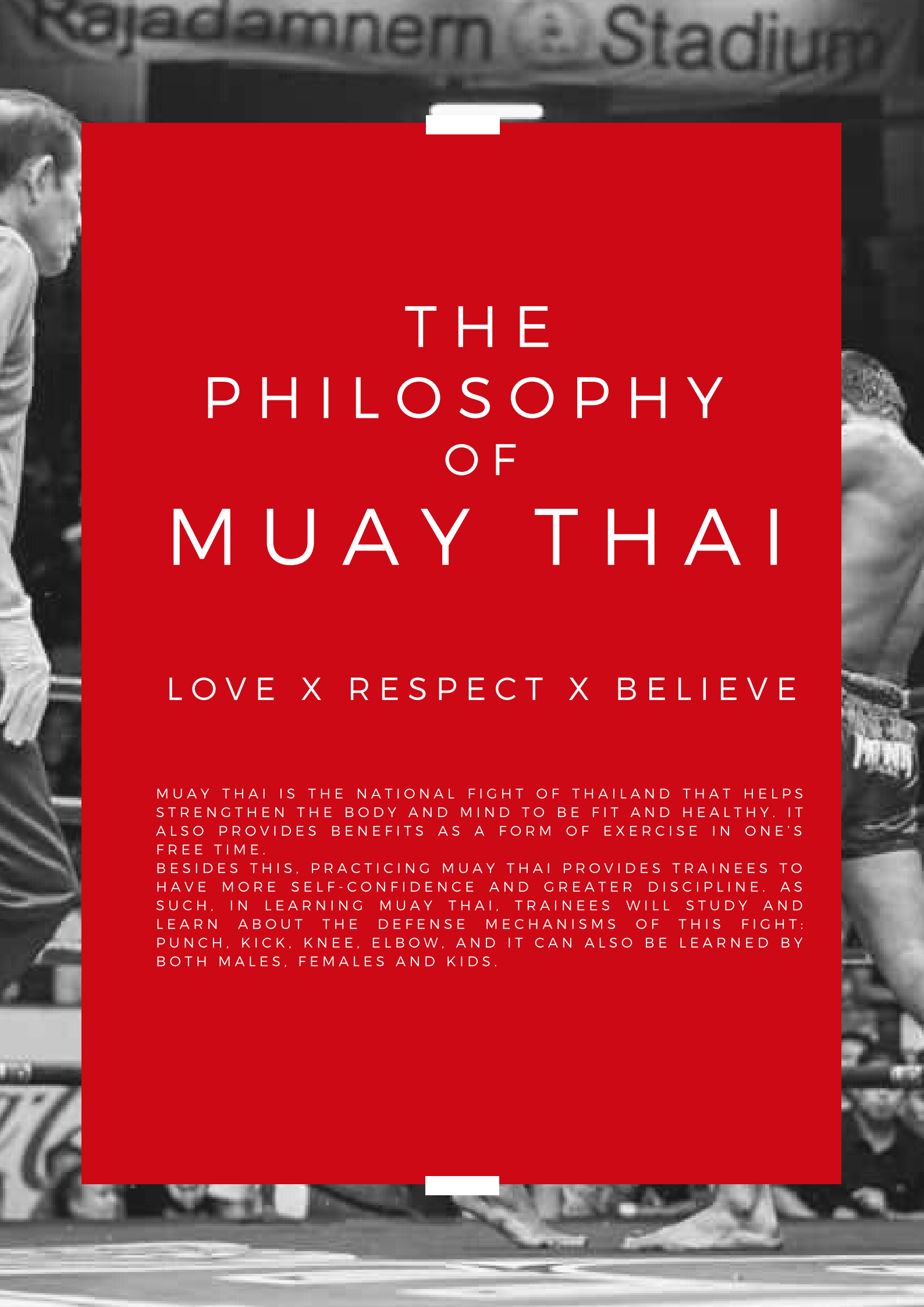
There are many styles of rituals so that two boxers would not in theory, be performing an identical Wai Khru Ram Muay. The dance starts with the boxer getting into the right frame of mind that will augur well for his fight, by focusing positive thoughts on the following auspicious symbols: one's religion, parents, teachers, and loved ones who had passed away. Then, he starts with doing three prostrations to mark respect for the three pillars of Thai society: Nation, Religion, and King. Then, the boxer performs the second sequence in a kneeling posture, one knee to the ground and the other leg bent up front. He pivots around on the spot and repeats the same posture facing all four sides of the ring. But one must take care not to start the sequence by facing the west, which in Thai culture is an unlucky direction.

Last is the ritual dancing sequence where the boxer shuffles out to the centre of the ring in harmony with the live background music, performs the ritual, then returns to the boxer's corner, and repeats the rite on the other three sides of the ring.

Music Accompaniment

In Muay Thai, rhythmic music accompanies both the Wai Khru Ram Muay as well as the actual contest. The music is played by the Wong Pi Klong (pi klong band) performed by four musicians. One plays the pi chawa (Javanese oboe), two play the Klong khaek (a pair of Thai drums played by two musicians) and another plays the ching (Thai cymbals). The tempo for the Wai Khru ritual is slow and stately to match the solemn mood of the ritual, with a smooth and flowing rhythm.

Excerpts from "Thailand: Traits and Treasures available in Full in our E-library



THE PHILOSOPHY OF MUAY THAI

LOVE X RESPECT X BELIEVE

MUAY THAI IS THE NATIONAL FIGHT OF THAILAND THAT HELPS STRENGTHEN THE BODY AND MIND TO BE FIT AND HEALTHY. IT ALSO PROVIDES BENEFITS AS A FORM OF EXERCISE IN ONE'S FREE TIME.

BESIDES THIS, PRACTICING MUAY THAI PROVIDES TRAINEES TO HAVE MORE SELF-CONFIDENCE AND GREATER DISCIPLINE. AS SUCH, IN LEARNING MUAY THAI, TRAINEES WILL STUDY AND LEARN ABOUT THE DEFENSE MECHANISMS OF THIS FIGHT: PUNCH, KICK, KNEE, ELBOW, AND IT CAN ALSO BE LEARNED BY BOTH MALES, FEMALES AND KIDS.

FIRST FEMALE FIGHT IN THE LUMPINEE

It took place at the Lumpinee GoSport event that was held at the Lumpinee Stadium Studio on 18/09/2021. The first female fight at Lumpinee Stadium.

The result was Saenajan SorJor Tongprajin defeated Buakaw MorKorChor Chaiyaphum by Unanimous Judges Decision

FIRST FOREIGN WOMAN TO FIGHT IN THE LUMPINEE

Celest Hansen made history by being the first foreign fighter to fight inside the Lumpinee Boxing Stadium in Bangkok.

Lumpinee Go Sport Battle: On November 13, 2021 Tailadesa NongNuk Kiatmoo4 and Australian Celest Hansen made history at Lumpinee Stadium

SAT FIGHTER OF THE YEAR 2021

Lamnammoonlek Or.Atchariya ganhou o premio de prêmio de lutador do ano de 2021 da Autoridade de Esportes da Tailândia

He was elected by unanimous decision of the awards judges receiving all 10 votes of the vote.

SPORTS AUTHORITY OF THAILAND AWARD

Left: Petchsila Wor.Auracha - The 2021 Sports Authority of Thailand Fighter of the Year Award Runner-up

Right: Lamnammoonlek Or.Atchariya - The 2021 Sports Authority of Thailand Fighter of the Year Award Winner

WMC ANNOUNCES GEN. CHETTA'S PRESIDENCY EXTENDED

The board of World Muaythai Council unanimously voted Gen. Chetta Thanajaro in a conference on Jan 7, 2022 to remain in the office of WMC President

ffor his contribution in conserving and promoting Muaythai for over decades.
Gen. Chetta Thanajaro is the successor of Gen. Wimon Wongwanit, one of the founders of the WMC which was officially established on Sep 25, 1995 at United Nations Association of Thailand. Gen. Chetta has continued the mission in pushing forth Muaythai to the global stage by initiating the 'Muaythai Towards Olympics' campaign.

International Olympic Committee

138th Session

20–21 July 2021

TOKYO 2020

IFMA BECAME FULL RECOGNIZED ORGANIZATION BY THE IOC

Muay Thai might soon be an Olympic sport. The International Olympic Committee has fully recognised the Muaythai and its governing body, the International Federation of Muay Thai Associations, or IFMA, a committee member announced yesterday during the 138th IOC session in Tokyo.
This is the beginning of the possibility of Muay Thai to become an Olympic sport.

RULES OF THE MUAY THAI PROFESSIONAL

ALEXANDRE BRECK

Muay Thai is a very aggressive full contact fighting style and its learning attracts all types of fighters worldwide. Know the main rules of Muay Thai and be an honest and respectful competitor of your opponents. We will actually report some points about the rules of the sport.

However, to be practiced correctly, it is necessary for your athletes to understand and internalize the following rules, let's make a brief explanation:

As Muay Thai has formulated a more standardized game rules system, it has also developed its own scoring system. AAlthough Muay Thai's score may look like that of other fighting sorts, its judging and scoring system is unique and original. The most main difference lies in its judgment of the entire fight, rather than the accumulation of individual rounds.

Combat duration

In Muay Thai, each match lasts 3 to 5 rounds and each round lasts three minutes. Any break period is not counted as combat time and at the end of each round, there is a two-minute rest period that allows the fighters to clean their wounds and recover their strength.
Referee and Judges.
The Muay Thai Game Committee is composed of three judges, a ring referee and a maximum responsible for supervising the confrontation.
Referee (Kamankan in Thai) - One who stays with the fighters in the ring, to keep the fight going and to protect the integrity of the fighters.
Points Judge (Hi Kanens in Thai) - He who judges the fight, makes his score and defines the winner.
Both must be dressed in character, in Thailand dark clothing is worn.

Point System Muay Thai

Each round is scored on a 10-point scale and each judge “must” award one boxer 10 points. Hence the 10 Point Must System. The perceived winner of the round will receive 10 points and the loser most often will receive 9 points. If the less performing boxer is knocked down, he’ll lose an additional point yielding him 8 points for the round. If one boxer clearly dominates the round, the loser may only receive 8 points even without a knockdown but this is rare. And if the judge sees the round as completely even, he can award both fighters 10 points.
After each round, the judges give their scores to the referee who then hands them to the clerk that counts and records the points. At the end of the match (assuming there was no Knockout to decide a clear victor) the points from each round are counted and as you may guess, the boxer with the most points wins. This is a relatively straight forward system that works.
Muay Thai is shorter with only 5 rounds. This isn’t necessarily why Muay Thai scoring is different, but it’s worth noting. They are short, intense competitions that increase in intensity, peaking in rounds 3 and 4, and often mellowing out in the 5th. Judges score the completion as a whole, NOT by rounds. There are other differences, but this is the most fundamental difference in scoring Muay Thai competition that confuses non-Thais.
The Thai judges still use the 10-point system, but they are more for reference (think of taking notes) to give the final score. An opponent may score in most of the first few rounds, but lose motivation and lose the game in the later rounds. Even the first, second, and fifth rounds were slightly better, and the third and fourth rounds were heavy. In the first example, he did not control the battle. In the second example, his opponent's decisive 3rd and 4th innings gave his opponent a greater overall advantage.

What does the Judge analyze? What is worth point? The criteria are basically:

Posture
Balance
Movement (Dam-Muay)
Clean blows
Force

Strength

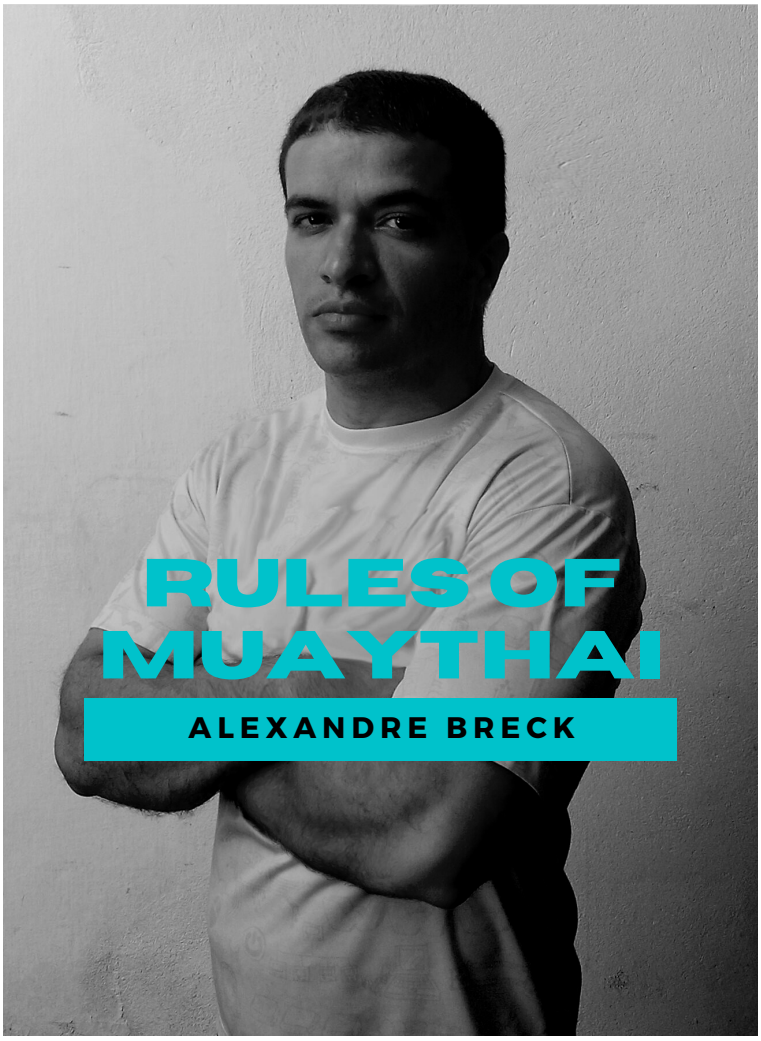
What is taken into consideration when evaluating a move in Muaythai are the ones that hit solid, effective and clean. This corresponds to about 70% of what is judged by the scoring judges. The keyword is effectiveness. Simply hitting an unprotected target will not influence the judges.
The scams need to show some effectiveness. Judges recognize effectiveness in the following ways. The blows that move the opponent, the blows that unbalance the opponent, the blows that hurt the opponent. This is observed when a fighter after taking a blow makes some expression of pain, makes some gesture, emits an audible moan, the blow that makes the opponent bleed or after the blow the opponent falls. Regardless of whether this hit was a counterattack (defensive), the blow was forward, backward or on the ropes. To make it clear powerful and effective blows are very important. There are some controversies if low kick, punch, jumping kick is not considered by the judge. They can be considered by the judges as long as they are effective.
Of course the judges consider the relationship of these blows with Muaythai. Knees, kicks to the head and body are better evaluated and receive more attention from the judges, but remembering that what will define the evaluation of the blow and its effectiveness. The way a fighter behaves in the ring plays an important role in how judges will assess the effectiveness of the blow on the opponent. If the opponent is knocked down and after falling he rises quickly and starts the fight the judges may not consider that blow effective. If the opponent takes a strong blow to the body and acts like nothing happened, the judges can also disregard that blow.
This is about who is forcing the action. Avoiding exchanges is looked down upon by judges. Muay Thai is so much about heart.

Technique

When we're getting ready to fight at an event, we go through all kinds of training, whether it's weight training, or aerobics to lose weight, and along this path, we go through training on the floor, punches, kicks, knees, elbows, everything involved in a Muay Thai fight, but inside the ring the story is different, because unlike training, there will be an opponent up there who is crazy to hit us, who is crazy to put us out, that's why at these times it is very important to have sharp techniques, techniques are essential along with strength to surprise the referees and win the fight, technique + strength = fight won, 99% of the time this is how it works, it only changes in cases where the fighter X, is losing but manages to knock out fighter Y almost at the end of the fight, so in this case it changes, but in almost all Muay Thai fights, the one that has the sharpest hand, kick, elbow and knee techniques, who can impose i If you're in the ring, you'll definitely win the fight.

Balance

In a Muay Thai fight, in addition to technique and strength, balance is very important, when you're on top of the ring, the fighter is subject to all kinds of situations, from winning, losing, knocking out, getting knocked out, so it's very important the fighter maintains the balance, not only on top of the fight but also emotionally, obviously at the time of war, it is difficult for you to think, to maintain the balance, but it has to be done, if you want to win a fight, the judges



when they are watching and qualifying the fighters, they also see this a lot, so balance is also very important and essential for those who want to win the fight, whether it's balance on top of the ring, when you take a kick, for example, and still manage to protect yourself well, stay in the fighting position, whether it's emotional balance within the fight, so when you're in the ring, focus on the fight but also focus on balance, breathing, technique and strength, because then your chances will be such as to win the fight.

Fight Domain

This has to do with a boxers ability to dominate his opponent, defend his attacks, set the pace and ultimately control the fight.
Mastery of the fight, this means how the fighter manages to dominate his opponent, defending his attacks, defining the rhythm of the fight and finally how he manages to control the fight. One way it is possible to observe this is to observe the fighter that is using the most calm, which fighter decides what will happen at each moment of the fight? In muaythai fights you are common to see fighters exchanging kicks in a row. At the end of the exchange of kicks, he gives the impression that he has mastered the exchange of blows. Ability to defend the blows is not taken into consideration in Muaythai, which has more relevance in fighting the blow. In a cliché situation it is necessary to impose dominance and posture over the opponent. The objective should be to master the arms, neck and break the opponent's posture in order to strike him. Strike the opponent with a knee or elbow and avoid getting a knee during the cliché. Aggressiveness is important in muaythai this is about who is taking the initiative in the fight. Avoid confrontation and disregarded by the judges. Muaythai has a lot to do with the initiative of fighting for fighter bearing or how the Thais say muaythai has to do with

IMPORTANT TIPS: TRAINING IN TECHNIQUES

To become a Thai boxer with special skills, you have to train conscientiously. You also have to work continuously on your repertoire of techniques by testing and adding new techniques. You must also optimize technical details, adapt them to your individual skills, and learn them in such a way that they contribute to your conduct in an intensive fight.

You will often meet Thai boxers with only a few years or even a few months of training who are convinced they have mastered it all. You will also meet former ɹghters who have had athletic success with their individual skills and are now very much convinced of their Muay Thai skills. A Muay Thai boxer is free to choose the route best suited to him or her. Still, you can improve so many aspects of your training if you train conscientiously and question your own performance. Even an experienced Thai boxer can work on ɹne-tuning the basic techniques time and again. The straight punch, for example, is taught in most schools in a uniform way, but you can still work on its technical details,

such as shifting your weight, the conscious use of your shoulder and trunk muscles, stability, the energy from the heel of your rear foot, and the impact of your fist.

For counter training, you should ɹrst select a few techniques and study them. Train in them time and again and add new techniques to your repertoire so that you learn by heart the moves against all possible attacks by an opponent. Repeat some of the counters intensively in training and try out new counters you have learned or have seen carried out by athletes that you admire. Once you have adopted a selection of the feints introduced in this book, you have to keep on training them.

They will only be successful in a competition if they are carried out instinctively and fast. Take a close look at ɹghts with the best of Thai boxers. Pay attention to when and how the ɹghters use their feints and test that experience in training.

There are countless Muay Thai Boran techniques and their variants. You will get to know some of the traditional techniques in club training, and you can also ɹnd many variants on various YouTube channels. Test the techniques, and if you ɹnd that one or more variants are suited to your style, train in them with your training partner. Repeat the techniques regularly in training and learn them by heart for use in competition.

In each training session, you should dedicate some time to conscientious technical training.

Depending on your training plan and performance level, you can ɹne-tune your basic techniques, counter techniques, feints, or traditional techniques.

After concentrated training in the details, your techniques will improve further on the punching bag and pads in terms of swiftness, stamina, and applied force, thereby developing your instinctive ɹght conduct. Only when you perfect the technical execution in all its aspects will you be successful in applying it against an experienced opponent.

When training with a partner, you can decide on the techniques beforehand and repeat them a number of times before you take turns. Usually you can intensively train in about ɹve techniques per training session, regardless of whether they are attacking techniques, counter techniques, feints, or traditional techniques.

In your technical training it is important that the techniques are not carried out at full strength as you don’t want to risk injury to your partner. Techniques must be carried out precisely, however, or their use will often not be successful.

ENJOY THE JOURNEY AND REAP THE BENEFITS

Damien Trainor

Every journey in life has a very simple process; you have a start, a middle and an end. I think you'd be stumped to try and think of one that didn't have this formula.

In my opinion the middle, in any situation, is the learning curve; the part you can't afford to miss out be it good or bad. This is where you will learn to deal with hardships and turn them around; where you can start to understand the right things to do and recognise potentially bad ideas.

Almost every young fighter aspires to become a champion, this is the driving force that can keep someone chipping away until they reach what they believe to be their destiny.

Just remember nothing worth having comes easy.

There are many lessons to be learned before you can call yourself a champion.

Every bout you have will have a new and valuable learning experience.

This could be as simple as understanding how to finish someone off once you've hurt them to knowing how to survive when it is in fact you that's been hurt.

Going too far too soon can have such a negative effect on a career that it could potentially end it before it's begun

VoOnce someone becomes a champion they will be expected to fight opponents at championship level and if they haven't gone through the right channels to get to where they are they could be at a big disadvantage.

Their opponent will have gained the experience required to cope with anything they can throw at them and the skill level of both fighters will become evident.

Another potential negative is that if someone goes too far too soon and struggles in their new division it will be difficult for them to go back and acquire the vital learning experiences that they missed out on by not going through the ranks.

Gaining experience is vital in all areas of your life not just in the ring, this is what will make you grow as a person and be able to pass on what you've learned to others constructively.

So if you have beaten someone who then jumps the queue and competes for a title not long after your bout I wouldn't worry too much; their glory will be short lived. Your time will come and as long as you are being guided down the right path it will be yours for some time.

There is a big difference between holding a title and becoming a champion. Those who have earned their way to championship level will tell you the road to success is not easy. Enjoy the journey and reap the benefits.

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome." Booker T. Washington.

MUSIC

PI KLONG BAND

MUSICAL INSTRUMENTS OF MUAY THAI

What makes Muay Thai is the Pi Klong band. The musical instruments are thus the vital and necessary elements for Muay Thai dances and fights. The band consists of four musicians consisting of the following musical instruments: one Javanese clarinet, one low-toned drum, one high-toned two-faced drum, and one pair of small cymbals.

The Pi Klong band will play slow and fast melodies, varied in accordance with the periods within a fight.

During Muay Thai Wai Khru, slow tempos will be played to accentuate the dancing styles to be fluid, beautiful and rhythmic. When the fight begins, on the other hand, the rhythm will become faster to let the audience know that the boxers are engaging in a tactical fight. During the final round, the music will take on a more electrifying mood to incite boxers to finish the fight and excite the audience. Rhythm is, therefore, a key factor that can fascinatingly stimulate and keep both boxers attentive as well as the audience animated and excited with a fight.

5 MUAY RORAN STYLES

There are 5 styles of Muay Boran that all share the same principles in the combinations of punches, kicks, elbowing, and using the head that have created hundreds of techniques. Each region has developed its own boxing variations and expertise, reflected in different tactics and techniques as most evident in the rope-binding boxing style. There is a phrase comparing each regional boxing style, which goes like: “Korat heavy hands, smart Lop Buri, beautiful Chaiya, faster Tha Sao, and complete Physical Education”.

01 MUAY LOP BURI

Originating in the Central Region of Thailand, it is recognized as a smart boxing style with speedy defensive and offensive movements and accurate straight punches. This is called Muay Kiao meaning a boxing style that emphasizes on luring and tricking the opponents with constant movements, fake jabs, ducking, good eyesight, and fast offensive and defensive punches, kicks, knees, and elbows.

02 MUAY KORAT

Originating from the Northeastern region, this boxing style features unique boxing gear and rope-binding process, which runs from the knuckles up to the elbows. Muay Korat is unique in its stance, training, boxing dance, and boxing style, especially heavy over-the-shoulder punches called a “Buffalo Throw Punch”.

03 MUAY CHAIYA

This is the boxing style of Amphoe Chaiya, Surat Thani province, Southern Thailand. The style has been well-known since the reign of King Rama V the Great. Apart from the use of punches, kicks, knees, and elbows, the style also features other martial arts techniques; such as, “throwing, grappling, locking, and breaking”. The teaching starts from the defensive scheme of “guarding, warding off, closing, and opening” to other techniques, so it is different from other boxing styles, which emphasize on offense.

04 MUAY THA SAO

Phraya Phichai Dap Hak (Lord Phichai of the Broken Sword) Originating from the Lower North, this boxing style is unique in its wide stance with the weight on the back foot and front foot gently touching the floor enabling long distance, fast and heavy strikes. The lead hand is positioned away from the face above the shoulder line and the back hand low. The Phraya Phichai Dap Hak boxing style is both offensive and defensive depending on the circumstances. Boxers must be aware of defense before offense, and how to handle situations before attacking as well as learning the strengths of oneself and the opponent.

05 MUAY PHYSICAL EDUCATION

This is the boxing style of Amphoe Chaiya, Surat Thani province, Southern Thailand. The style has been well-known since the reign of King Rama V the Great. Apart from the use of punches, kicks, knees, and elbows, the style also features other martial arts techniques; such as, “throwing, grappling, locking, and breaking”. The teaching starts from the defensive scheme of “guarding, warding off, closing, and opening” to other techniques, so it is different from other boxing styles, which emphasize on offense. This is an accumulation of other boxing styles before being continued for learning boxing at the Physical Education Institution for additional tactics. The style is headlined by Achan Kimseng Taveesith, a renowned boxing master, who specialized in boxing learned from HSH Vibulsawasdiwong Sawasdikul who studied Thai boxing and is known as the father of Thai boxing. It not only focuses on the style of boxing, but also on speed and in and out agility. As a result, Muay Physical Education is considered a complee boxing style.

FLYING KNEE

RAFAEL CORDEIRO

Rafael Cordeiro Muay Thai technique: Flying knee

01

Fernando throws a left hook, which exposes the left side of his head and allows Rafael to counter.

02

Rafael steps out to his left and stiff-arms Fernando's hook by putting his right hand to Fernando's left shoulder.

03 **Immediately afterward, Rafael uses his right hand to grab behind Fernando's head.**

04 **Rafael pulls on Fernando's head, turns to the left to create space and pushes off his left leg.**

05 **Rafael swings his right knee up and around to connect with a devastating blow.**

HOW NOT TO MUAY THAI KICK: 8 COMMON ROUNDHOUSE KICK MISTAKES

SEAN FAGAN

The roundhouse kick is arguably the second most common and second most important kick you will ever learn in Muay Thai, with numero uno being the teep.

Before we go into all the mistakes it is possible to make when throwing the roundhouse kick, you must first understand why the roundhouse kick is even more important in Muay Thai than in MMA or even kickboxing.

In Thai stadium scoring, kicks and knees are scored higher than punches. Not only that, a "block" with the arms (like the double forearm block) does not count as a block.

If you've ever been kicked hard in the arms by a true nak muay, you know why... because it still hurts.

Aside from that, there is another reason you should be spending more time trying to master your roundhouse kick. It is the most powerful tool you have to land a knockout.

You may have trouble knocking people out with punches, but you will not have trouble knocking people out with clean kicks to the head

You may have trouble knocking people out with punches, but you will not have trouble knocking people out with clean kicks to the head..

ust think about this. In MMA, Nate Diaz is known to have one of the toughest chins in all of the sport. He was blasted over and over again by Conor McGregor's bomb of a left J hand, but he was never knocked out and it was even difficult to knock him down.

However, less than three years before Diaz's fight with McGregor, Diaz was knocked out on his feet by a head kick from Josh Thompson.

You know those fighters like Deontay Wilder that can knock you out at any moment of the fight? You can be one of those guys with your roundhouse kick.

One principle to keep in mind with all of striking is that you must move your bodyweight in the direction you're striking. For instance, if you're throwing a right straight, you must be moving your bodyweight forward by shifting weight onto your lead leg. This is how McGregor is able to generate so much power with his left hand: he throws a lot of his bodyweight behind it. With a right roundhouse kick, you will notice that Sean in particular leans his body to the right a decent amount.

The final tip that Sean mentions is the importance of a setup. Without a proper setup, you will not be able to land your kick. But understand that not every setup has to be a setup.

What do I mean by this?

The goal of a setup is really just to create an opening. The most famous setup for kicks is the liver hook to leg kick.

The liver hook creates an opening for the leg kick because it forces your opponent to shift their weight onto their lead leg, making it very difficult to check.

That said, there are many openings that arise even without setups. Whenever you take a step back, your bodyweight will naturally be shifted mostly towards your rear leg. If your bodyweight is mostly on your rear leg, that means your left leg is too light to check kicks effectively, making it an easy target for a leg kick. There is no setup here, but nonetheless an opening is available for you to land the leg kick.

Now, the last time we talked was about the importance of studying the legends of the sport, so naturally I'd like to leave you with a list of fighters to study.

Yodsanklai Fairtex. Everyone knows him and his devastating left kick. I do not need to say much more.

Specifically, watch his fight with Marat Grigorian, the future Glory lightweight champion. His power left is on full display.

Samkor Kiatmontep. Samkor is one of the hardest left-kickers in all of Muay Thai history. Specifically, I recommend watching his fight with M'baye Abdoulaye, especially if you still believe that "blocking" a roundhouse kick on your arms counts as a block.

Apidej Sit Hirun. Apidej was named Fighter of the Century and is considered to be the hardest kicker of all time. He broke both of Sompong Charoenmuang 's arms, forcing him to retire. The man also holds a record of 290 wins, only 9 losses, and one draw.

Saenchai. Saenchai needs no introduction and has not just a beautiful roundhouse kick but many kicks overall, and shows the importance of taking techniques from different styles.

Peter Aerts. In kickboxing, he is by far the greatest head-kicker of all time with 14 KOs to his name. And yes, that's even more than CroCop.

Now you're ready to kick ass, kick the body, kick the head, and really just kick anything you would like to kick. Best of luck!

Sean Fagan

Sean is a professional fighter currently living, training and fighting in Thailand. His mission is to provide you with the tools, resources and inspiration to accomplish your Muay Thai dreams!

AMATEUR MUAYTHAI

WHY PROFESSIONAL MUAY THAI FIGHTERS COMPETE AT THE WORLD CHAMPIONSHIPS AMATEUR

Although the IFMA World Championships are contested under ‘amateur’ rules, the competition is far from amateur.

Capitan Petchyindee Academy, Thananchai Sitsongpeenong, Iman Barlow and Lara Fernandez are just a handful of the top level professional fighters competing at this year’s 2021 IFMA World Championships in Thailand.emos 2 períodos de treino por dia, geralme

But why exactly are fighters who are at the very top of the professional game fighting in IFMA competitions?

In July 2019, IFMA — originally known as the International Federation of Muaythai Amateur — officially changed it’s name to International Federation of Muaythai Associations. das 6h as 9h30 e das 15h as 18h30.

The change reflected the unification between IFMA and professional Muay Thai organisation, the World Muaythai Council.

This change also saw the start of a points-based rankings system, assigned to athletes competing in IFMA tournaments, to determine qualifiers for the World Games.

“Starting from 2019, all IFMA events will have points assigned for finishing in weight places based on level (World/Continental).

“This will encourage athletes to participate in many events in order to accrue points towards their rankings for The World Games 2022 qualification.”

Furthermore, with the recent IOC recognition and likely addition of Muay Thai into the Olympics in the coming years, it’s likely IFMA will follow this same format for Olympic qualification, giving fighters hope and added incentive to represent their nation at IFMA tournaments.

As such, amateurs and experienced professionals alike, all desire to compete under the amateur ruleset at IFMA tournaments, not just for Egold medals, but also to qualify for future Games and hope for every sportspersons dream of becoming an Olympian.

In other combat sports such as Boxing, professional athletes have been given the go-ahead to compete in the Olympics over the past several years. Again proving, despite the protective equipment, the Olympics and preceding tournaments are far from amateur competition.

TRADITION VERSUS TELEVISION: THE BATTLE FOR MUAY THAI'S SOUL

There are two different kinds of Muay Thai in Thailand. One involves dedication, ritual and respect; the other is all ring girls and sensationalism. Choosing one over the other is a battle between financial reward and sporting respect.

The gash on the fighter's forehead is gushing. A speedy, well-placed punch jutted through his defences in the last round. Now, a trickle of blood streams down his face, chest and stomach. His opponent senses weakness and hooks his foot behind the bloodied fighter, sending him tumbling backwards. A spray of sweat and saliva spurts up as he falls down. Ding ding ding, and it's the end of the round.

This is a typical night at Rajadamnern Stadium, the oldest Muay Thai stadium in the world. While it took just three minutes to play out, a scene like this – for many fighters, the pinnacle of their career in traditional Muay Thai – can be ten years in the making

That long journey usually starts in a gym like Por Promin. There are no walls here. There is no air conditioning. It is home to about 17 dogs and a pair of fighting cocks that are kept in separate cages – if they're let out, they'll fight until the other is dead.

In the afternoon, as schools let out, the kids come. From the ages of four to 20, traditional Muay Thai fighters must put in around three 3-hour sessions a day, six days a week.

Today there are four Thai boys at Por Promin, all around seven years old; two girls, both around nine; and three German brothers between four and eight who are sent each afternoon as their parents holiday in the nearby town.

The children start off by doing laps around the gym. The two older German boys and two of the Thai boys then head into the ring to practise grappling.

One kid wearing oversized hand-me-downs throws his arms around his opponent's neck and thrusts a knee carefully upwards to strike at the sides. A central part of the traditional fighting style, grappling is every bit as dangerous as it looks**..**

Remuneration or respect

Petch Utong – a three-time Rajadamnern champion – is one of the select few fighters who have made it in the world of professional, traditional Muay Thai. In one match he can make 150,000 Thai baht (£3,700). It's a significant sum, for which he has clocked up more than his fair share of near-death experiences during his career.But if Utong were in it just for the money, he wouldn't be a traditional fighter. He would be fighting on TV, on a show such as Max Muay Thai, which is filmed at a stadium in Pattaya. Here, various Thai boxers take on foreign fighters; each match is billed as Thailand vs. the country that the other fighter is from.

Max Muay Thai is much speedier than traditional fights. There are fewer rounds, so fighters tend to go in aggressive and fast. And there are also different rules about clinching; fighters cannot grapple with each other for very long before the referee breaks them apart. These changes help to ensure the punches keep flying.

For a foreigner who started out on a different martial art, this form of Muay Thai isn't necessarily a huge departure from what they know. But for Thais who have practised the traditional form of the sport, it can be dangerous.

Critics of the televised form will also point out its mismatches, when an experienced fighter squares up against a weaker opponent, who must take part or risk displeasing the promoters who can make or break careers.

Yet, if a fighter is willing to take the televised route, success will be rewarded: wins pay twice what traditional bouts pay, with the possibility of bonuses for especially exciting victories.

For many involved in Muay Thai, however, the sport really isn't about the money.

Fighters as brothers.

Arjan Toon is the squat, hench head trainer at Sor Sommai gym in Bangkok's Northeast. The damp air here smells sour, a mixture of sweat and the soles of feet.

Toon is in the ring, elevated above the rest of the gym, holding two large pads on his arms and one around his middle as he directs a fighter to strike him in certain ways.

For three years in a row, Toon has won a lauded best trainer award, has trained hundreds of fighters and mentored eight champions.

But perhaps the most important lesson he imparts is not how to move, defend or attack. He teaches fighters to show respect for the sport – perhaps one of the key differences between traditional and televised Muay Thai.

Win or lose, traditional Muay Thai fighters show respect: the competitors bow to each other, to their mentors and to their coaching staff. When one fighter is easily winning and it looks like the match is headed for needless bloodshed, the opponents will spend the next few rounds pacing the ring to eat up time. Respect for the sport supersedes the ego, and the two fighters invariably leave the ring arm in arm – like brothers.